




Hildebrand

Family Self-Help Center, Inc.

FAMILY EMERGENCY PLAN FOR CORONA VIRUS

Family Name:			
<u>Name</u>	<u>Age</u>	<u>M/F</u>	<u>Concerns</u>

Emergency Contacts and Supports	
<u>Name / relationship</u>	<u>Phone number</u>

Corona Virus Symptom Tracker				
	YES	NO	If yes, where and when?	
During the last 2 to 14 days , have you, or anyone in the family traveled out of the country, or had contact with someone that has?				
Have you, or anyone in your household experienced any of the following:				
	Symptom	YES	NO	If Yes, Name:
	Fever?			
	Cough ?			
	Shortness of breath?			

If so have you contacted your Primary Healthcare Provider? Yes _____ No _____

What recommendations were you given? _____

Name of Primary Care Healthcare provider: _____

Primary Care Doctor Number: _____

Insurance Provider: _____

Medications taken by family members (2 week supply at least): _____

Any Medication needs: _____

Where do you get your medications prescriptions filled: _____

Medical Concerns: _____

Massachusetts residents can call Mass 2-1-1 to learn more about:

- COVID-19 prevention, symptoms, and treatment
- Information about testing
- Guidance for people planning or returning from travel
- Massachusetts 2-1-1 is open to callers 24 hours a day, 7 days a week. Operators fluent in Spanish are available, and more than 150 other languages are supported through an interpreter services line. Residents with questions can dial 2-1-1 from any landline or cellphone, or use the live chat option on the [Mass 2-1-1 website](#).

Food Resources

Project Bread: Updated food sites for youth and teens 18 and under to get meals Monday through Friday:

[Project Bread Food Sites, http://www.projectbread.org/get-help/](http://www.projectbread.org/get-help/)

For more information and to learn of other food assistance resources available, please contact Project Bread's Food-Source Hotline. The Food Source Hotline can be reached at **800-645-8333** from 8am-7pm Monday-Friday, and Saturdays from 10am-2pm, and can provide information in 160 languages through our Language Line.

Local Food Pantries: _____

Community Resources (Please list additional resources close by and the phone numbers):

Coping skills and strategies:

1. _____

2. _____

3. _____